



Adolescence Ages 12-18

Middle School/Junior High School, High School

- ✓ The preteen, as well as the teenager, needs and wants to know about social and sexual relationships.
- ✓ You should reinforce that the best way to prevent unwanted pregnancies and STD's is not to have sexual intercourse.
- ✓ Give clear and consistent messages about your values.
- ✓ Talk about the methods to prevent pregnancies, including birth controls methods, and ways to prevent disease.
- ✓ They should know at this age that sexual relationships bring responsibility.
- ✓ Discuss the different sexual behaviors shared by partners. Help your child evaluate the risks of different types of sexual activity.
- ✓ Explain that some students engage in sexual intercourse, but many do not.
- ✓ Sexuality has biological, social, psychological, spiritual, ethical and cultural dimensions. Help your child understand your views and values in all these areas.
- ✓ Encourage positive self-esteem. Children who have positive self-esteem make healthier decisions.
- ✓ As a parent, know where to get resources in your community for health and social services.
- ✓ Continually remind your teenager that you are there for them.

